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 Pam S. Jenkins, Vice Mayor
 Calvin L. Coleman
 Duke M. duFrane
 Thomas E. Huggard
 Michael T. Olinger
 Emma F. Richards
 Christopher H. Snider
 William M. Yowell

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Office of Town Manager
 J. Brannon Godfrey, Jr.

Government Access a “One-Click” Process

Following Governor Gilmore’s special initiative on E-Government approximately five years ago, Council provided proactive support to staff for the creation of an electronic format for council packet delivery. After much study and several on-site visits with other localities and a couple of vendors, staff recommended BoardDocs, The Paperless Meeting Solution. At its meeting on August 10, 2004, Council approved contracting with Emerald Data Solutions for the program.

Council and staff received training in December, and without a great deal of fanfare, electronic packets were developed (with paper backup) for the December committee meetings. Council was on-line and reading its packet materials from an electronic version at the January 11, 2005 council meeting.

The new electronic agenda will eliminate hours of paperwork by the Manager and Town Clerk’s Office and delivery time by the Police Department, because it replaces the old method of compiling, printing (copying) and distributing a number of paper packets...not to mention how many trees will be saved. By making meeting agendas and supporting documents available on the Internet, documents associated with a meeting can be distributed more quickly and efficiently with unlimited access.

Through the BoardDocs web site, www.boarddocs.com/va/tocva/Board.nsf, the public is provided access to information that council members use to make decisions, by viewing the agenda and supporting documents associated with the open meeting items. After the meeting, citizens can review the minutes and the actions taken by council. All documents associated with the meeting are automatically archived and accessible by meeting date or by using the comprehensive search feature.

In the future, staff can also use the same technology for authority, board and commission meetings and to post the Town ordinances, policies, and procedures on-line. This will ensure that the staff and public have access to the most up-to-date information.

While it is still a work in progress – to most, it was a “happy day – when paper packets started to go away.”

Article written by Donna Foster, MMC, Town Clerk

“Culpeper, Virginia - One of America’s Top 10 Small Towns”

Virginia Cooperative Extension Services



Dietary Guidelines for Americans 2005

Linda G. Murphy, Extension Agent
Family & Consumer Sciences

Every five years the US Department of Agriculture and the US Department of Health and Human Services update the Dietary Guidelines. The recommendations in the Guidelines are based on science-based advice to promote health and to reduce the risk for major chronic disease. The Secretaries of these two agencies appoint the Dietary Guidelines Advisory Committee to analyze the scientific information and make the recommendations which nutritionists, dieticians, medical professionals, and others will use in working with the public. The 2005 guidelines were released in mid-January.

A basic premise of the Dietary Guidelines is that nutrient needs should be met primarily through consuming foods. Foods provide a variety of nutrients and other compounds that may have beneficial effects on health. This has been noted in recent years with the research on phytochemicals. Small amounts of chemicals present in foods have been found to provide protective factors for heart disease, cancer and other chronic disorders, but do not have a Recommended Dietary Allowance (RDA). Included among these are the carotenoids, flavonoids, terpenoids, saponins, and phytosterols found in fruits and vegetables. In certain cases, fortified foods and dietary supplements may be useful sources of one or more nutrients. While these are useful in some cases, they cannot replace a healthful diet. A health care professional can assist you in the decision to use supplements.

If you have followed the news stories over the past few years on the findings of nutrition studies, most of the recommendations will not come as a surprise or anything new. They include the following:

1. To obtain adequate nutrients within your calorie needs, consume a variety of nutrient-dense foods and beverages within the basic food groups and limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol. Adopting a balanced eating pattern such as the USDA Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan can help you to accomplish this.
2. Balance calories from foods and beverages with calories expended to maintain a healthy weight range. To prevent weight gain over time, as many of us experience, make small decreases in caloric intake and increase physical activity.
3. Engage in regular physical activity and reduce sedentary activities to promote health, both physical and psychological, as well as maintain a healthy weight. There are recommendations for the type of physical activity, amount of time and frequency based on age and overall goals. You may want to consult your health care provider before you start. For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration, most days of the week.

4. Foods that should be encouraged include fruits and vegetables, whole-grain products, and fat-free or low-fat milk or milk equivalent products. Consume sufficient amounts of fruits and vegetables from a variety of sources. These still fall short in many people's diets. Select from all five vegetable subgroups: dark green leafy, orange, legumes, starchy, and other, several times a week. Choose whole-grain products for at least half of your bread and cereal consumption. And consume at least 3 cups per day of the milk or milk equivalent products.

5. Everyone has heard the recommendations on fats. Limit the intake of saturated fats to less than 10% of the calories, cholesterol to less than 300 mg/day, and keep trans fatty acid consumption as low as possible. Total fat intake should be kept between 20 and 35 percent of calories, with most of that coming from polyunsaturated and monounsaturated fatty acids, such as fish, nuts, olive or canola oil.

6. Increase fiber intake by consuming fiber-rich fruits, vegetables, and whole grains for your carbohydrates. These help one to feel satisfied with fewer calories and provide protection from chronic disease.

7. You have all heard it! Sodium intake should be less than 2300 mg. per day. That is approximately one teaspoon of salt. At the same time consume potassium-rich foods, such as fruits and vegetables.

8. Alcohol is no longer a totally bad thing! Studies have shown some health benefits. It started with red wine and expanded to most alcoholic beverages. The recommendation is for those who choose to drink alcoholic beverages that it be sensible and in moderation. No more than one drink for women, two for men, per day. There are several people for whom it is not recommended: children, adolescents, pregnant and lactating women, nor those who cannot control their intake. It should also be avoided by those involved in activities that require attention, skill and coordination, such as driving and operating machinery.

9. Foodborne illness remains a concern. To avoid foodborne illness, clean hands, work surfaces, and fruits and vegetables. Keep raw, cooked, and ready-to-eat foods separated while shopping, preparing, or storing. Cook foods to safe temperatures. Chill perishable food promptly and defrost foods properly. Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices, and raw sprouts.

Keep in mind these are recommendations for the general population. There are recommendations for specific populations. Extension has a long history of involvement with nutrition education and food safety. The programs have changed over time to reflect the updated information. In recent years, physical activity has been included, as the two go hand in hand with maintaining a healthy lifestyle. If you want further information on diet and exercise or food safety, check out our resources at www.ext.vt.edu. There are a number of related publications under health, nutrition, and foods.

Virginia Cooperative Extension Services 540-727-3435
101 S. West Street, Culpeper

Virginia Cooperative Extension Services

Smart Choices Nutrition Education Program

Felecia Chavez, Program Assistant

The SCNEP Program is continuing with the Food Commodity Program which so far has serviced over 400 families since the beginning of the Program in September 2004. The clients that have received the Supplemental Food have been very responsive. During the Christmas Season the Blue Ridge Food Bank saw a sharp decline in the number of food items. Our clients did not mind and were very grateful; it was truly a season of giving. We have had many of our clients volunteering to help during the three days that we set up for distribution. From receiving the food and unloading the truck, to boxing the food, and then distributing the food it has become a community effort. We are very fortunate in that we have a strong pool of volunteers that give unconditionally. Our program has done really well, and we are definitely serving a need within our community.



4-H Program

Vivienne Ellyson, Extension Agent, 4-H
Denise Walker, 4-H Program Assistant

Several boys and girls enjoyed the two December **4-H Winter Break Workshops –Cooking Fun and Afternoon Art**. Highlights of the Cooking Fun Class were shaping and baking bread, scrambling to correctly place foods in their proper food group during a Food Pyramid Relay, and practicing some cake decorating techniques. The Afternoon Art Class participants took home many unique creations, including Milifiori beads made from polymer clay, a painted clay sculpture, a beaded key chain decoration, and various examples of fancy paper cutting.

Culpeper 4-H is involved in the new Healthy Culpeper After School Arts Program. Beginning January 25 and running through the end of April, a *Drawing Class* on Tuesday, and a *Painting Class* on Thursday will be taught by a 4-H instructor and numerous volunteers, including a Windmore Foundation for the arts volunteer, high school students and middle school students. Space was available for thirty middle school aged youth for each of these classes. Other art program classes include violin, quilting, and drawing for high school age students.

The theme for **4-H Winter Camp**, held February 11-13 at the Northern Virginia 4-H Educational Center in Front Royal, Virginia, was “Medieval Mania”. Those young lords and ladies attending enjoyed a wide variety of classes, an afternoon games session, a dance, a campfire program, and other surprises.

Culpeper County 4-H Competition Day will be held on the afternoon of March 19 at the Culpeper Middle School. There are three areas in which to compete: Presentations, Share-the-Fun, and Fashion Revue; so there’s something to interest everyone. All youth ages 9-18 are invited to participate, and former involvement in 4-H is not necessary. Contestants will be judged according to their ages.

Giving a Presentation: a speech, demonstration, or illustrated talk provides a young person the opportunity to develop poise in speaking to a group, a very important life skill.

The **Basics of Giving a Good Presentation** will be taught during two workshops on February 8 and February 22 (3:30 – 5:00 pm) at the Extension Office in order to help contestants to prepare for the competition.

Share-the-Fun is a chance for individuals or small groups to share their talent and shine. This talent show may include vocal, instrumental, drama, dance, and variety acts.

Auditions will be held on March 14th, and there will be two mandatory rehearsals (March 15 and March 17) prior to the competition.

The main objective of **Fashion Revue** is to give youth the chance to develop

and apply decision making skills in making/purchasing clothing and accessories based on their individual characteristics, needs, and resources available. Participants will attend four **Fashion Review Workshops** on Thursday evenings throughout February which will focus on the following topics: fibers, fabrics, and caring for clothing; applying knowledge of line and color when selecting clothing, so as to make the most of one’s personal characteristics; creating a personal style; recognizing quality clothing and comparison shopping; accessorizing; good posture; modeling; and writing fashion commentary. They will then model an outfit, which may be sewn or purchased.

For more information or to register for any of the events, please call Virginia Cooperative Extension (727-3435).

AGRICULTURE UPDATE

Carl C. Stafford, Extension Agent

Most beef cattle are now on a full feed of hay, as stockpiled grass has largely been eaten up. Speaking recently with producers in Buckingham County some 70 miles to our south, I find they too have finished up their grazing for the year. I spoke to a farmer in Frederick County, about 90 miles to our north, who told me he was busy putting out hay before a snow storm. No mention in either case of moving fencing to open up the next field.

While hay feeding is the way you know, and it gives confidence knowing feed is on hand for the winter, grazing can become what you know, if you try. Accumulated forage, mostly fescue, can continue to be used through January and can be some 50% less costly, with little to no sacrifice in animal performance.

Spring calving cows are the easiest, but even fall calving cows and their babies can graze on through January with the only supplement required being a little energy. A Page County producer assumed the supplement I was talking about was a protein lick tank. Conventional wisdom says that this is the silver bullet, but I burst his bubble and replied that energy was what was needed.

Keep your eyes open for the Graze 300 program, when you will hear about and see examples of winter grazing still going strong in March. Look for announcements in February.

The Farmers Livestock Exchange of Winchester and the Culpeper Agricultural Enterprises will be working together with the Culpeper Madison Feeder Cattle Association to hold a series of state graded feeder cattle sales in 2005. Dates are: Feb.17, Mar. 17, Apr. 21, May 19, June 16, July 21, Aug. 18, Sept. 22, Oct. 20 and Dec. 1. Sale time is 10:00 am at the CAE south of Culpeper on 29. Take-in is on Wednesday from 7am– 2pm prior to the Thursday sale date.

Readers will be interested to know, that for your convenience, you can deliver on the Wednesday take-in day, along with your graded feeder cattle, all types of slaughter cattle, beef or dairy, bulls or cows, even sheep and goats. All of these non-graded “regular” livestock will be sold at 5:00 pm on Wednesday. Graded sale is the following day on Thursday at 10:00 am. For more information, contact sale management Wes Ware at 540-335-0047 or 540-667-1023, or association secretary Pat Kerrick at 825-1957.

It looks like despite the BSE case confirmed recently in Canada, the scheduled March border opening will go ahead as planned. The bright side of the coming months is in June, as it looks like the slaughter industry has set their sights on opening up the export of high quality cuts to Asia then. Both of these events could have offsetting effects on our markets. My advice, and I think the position of most producers, is to stay current with your marketing.

Carl Stafford is an Extension Agent located in Culpeper County, specializing on a regional basis in Animal Science, and may be contacted at 540-727-3435, ext. 351 or email at ccstaffo@vt.edu

Virginia Cooperative Extension Services 540-727-3435
101 S. West Street, Culpeper



A healthy community is responsible for the acceptance and ownership of the physical, psychological, social, intellectual, emotional and spiritual needs of all its members.

Healthy Culpeper
763 Madison Road, Suite 208
Culpeper, VA 2270(540) 829-2065 x 308
www.healthyculpeper.org

Healthy Culpeper is a collaboration of over 55 community partners (i.e. agencies, businesses, law enforcement, local government, professionals and programs available in Culpeper County). The vision of the collaboration is a commitment to working together to create a healthy, secure, and educated community by developing and providing services that promote interdependence, acknowledge the importance of family-like support systems, and are participant-focused.

Healthy Culpeper's standing committees are currently working on the following:

Early Childhood:

- Submitted a grant application to hold an interactive workshop on positive discipline techniques
- Coordinated the offering of a local workshop on Kaplan curriculums for parents and educators

Youth:

- Generated interest in Youth Mentoring Program and particularly for volunteer mentors through an article in the Culpeper Star-Exponent

Teen/Prevention Coalition:

- Developed and coordinating a project offering "trailers" to the local movie theatre focused on teen issues and positive messages
- Coordinating the After-School Arts Program available first-come first-serve availability to middle and high school students in 4 different art mediums: Beginner Violin, Drawing, Painting, and Quilting
- Working to develop initiatives in response to the VARA (Virginia Adolescent Resiliency Assessment) results

Adult/Senior:

- Continuing to serve as the Culpeper County Team for the Eldercare Coalition and supporting the development of the Visioning Forums for Older Adults
- Focusing on garnering additional volunteer support for the Empowering Culpeper Food Commodities Program

If you are interested in participating or in offering your support, please contact Cindy Colson, Executive Director, at (540) 829-2065 x308 or by email at colson@hfculpeper.org

KID CENTRAL NEWS 'SCRIBBLES'

www.kidcentralculpeperva.com

Up Coming Holiday and Teacher Work Day Events.....

All Day Child Care At
 Sycamore Park Elementary School
 6:30 a.m. to 6:30 p.m.

March 25 "An Irish Wish For You"

March 28 "Irish Folktales"

March 29 "A Taste of O'Sullivan Stew"

April 5 "KID CENTRAL Summer Camp Preview"
 PLEASE PACK A LUNCH!

PLEASE ARRIVE BY 9:00 a.m.

(From time to time, trips may be planned to accommodate more childcare slots. Parents **MUST** "Sign up" to attend these "No School" day events.)

If an "on site" day...activities will include:
 Crafts, Gym Games, Theme Class, Group Games, Outside Play, Kids Get Fit, Karate, Sports and more.

April 15th KID CENTRAL REGISTRATION BEGINS FOR SUMMER DAY CAMP

May 30 CLOSED

June 13 KID CENTRAL Summer Day Camp... "Madagascar... It's A Jungle Out There!"

PLEASE CALL 829-2124 FOR MORE INFORMATION OR TO REGISTER YOUR CHILD.

TO ATTEND KID CENTRAL:

For Before & After School or The All Day Child Care Events, your child must have a completed registration form turned in prior to attending. Also, if a trip is planned, a permission form and payment for the trip must be made to guarantee your child's slot. Please call 829-2124.
NO DROP-IN CHILDCARE.



SCHOOL CLOSINGS DUE TO WEATHER:
 KID CENTRAL makes every effort to be open during all school closings, including bad weather.

If the radio announces school has a delayed opening, childcare is held at your child's childcare site.

If the radio announces school is closed, childcare will be held at Sycamore Park Elementary School for all REGISTERED children. PLEASE PACK LUNCH.

Please listen to: WJMA 103.1 FM
Regarding KID CENTRAL hours.

KID CENTRAL SUMMER DAY CAMP...June 13th

"Madagascar...It's A Jungle Out There !"

Culpeper County Department of Health

Health Department Stresses Importance of Local Rabies Awareness

Health Department staff continue education efforts throughout County schools and community events to remind residents of important facts and prevention advice on the deadly rabies virus. Over the past two years, environmental health staff have made presentations and delivered education packets to teachers on the importance of educating children and youth on the facts of rabies, as well as the importance of avoiding wild animals that may carry the virus.

In 2004, there were 463 animals that tested positive for rabies statewide. In Culpeper, there were four confirmed rabid animals: two skunks, a raccoon, and a fox. Rabies is a virus that attacks the nervous system and kills almost any mammal or human that gets sick from it. The virus is mainly in the saliva and brain of rabid animals, and it is transmitted through a bite or by getting saliva in a wound. Only mammals get rabies. Common mammals that may become rabid are skunks, bats, foxes, raccoons, dogs, cats, and some farm animals.

If you, or someone in your household, gets bitten by a wild animal, don't panic. Wash the wound thoroughly with soap and water and treat it carefully, as you would for any wound. If possible, capture the animal under a large box or can. Do not try to pick up the animal. Call an Animal Control Officer to come pick it up. Immediately call your doctor and explain how you got the animal bite. Report the bite to the Health Department, 540/829-7350. Fortunately, because of improved rabies vaccination programs, rabies cases among humans are rare in the United States today.

Helpful ways of preventing the spread of rabies to humans include:

Vaccinate all dogs, cats, and ferrets against rabies and keep their vaccinations current. Avoid contact with wild animals, including stray dogs and cats. Even if they seem friendly, it is important to teach your children to respect animals from a distance and do not pick them up. Don't feed wild animals, or stray cats and dogs. Report these stray animals to Animal Control 540-547-4477. Eliminate any potential outdoor food sources around your home, such as keeping your trash can tightly secured. Finally, keep your pets confined on your property or walk them on a leash.

If you would like further information on rabies awareness and prevention, call the Environmental Health office of the Culpeper Health Department at 540/347-6363, or log onto www.vdh.state.va.us/epi/rabiesf.htm

Lucy H. Caldwell, Va. Dept. of Health, NOVA Region

Rappahannock-Rapidan Medical Reserve Corps

Since the Rappahannock-Rapidan Medical Reserve Corps started last July, 212 volunteers have joined! What a great group of volunteers we have in the RRMRC! Their response when called for drills and clinics has been wonderful. Eighty-five RRMRC volunteers participated in the dispensing site drill held on September 14th, and 17 volunteers assisted with mass flu clinics in November.

However, more volunteers are needed to assist the Health Department in the event of a public health emergency. Please consider joining the Rappahannock-Rapidan Medical Reserve Corps today! You do not need to have medical training, and the time commitment is only 3-6 hours per year.

"The Medical Reserve Corps (MRC) plays an integral part in our preparedness and response strategy. It provides an organized way for medical and public health volunteers to offer their skills and expertise during local crises and throughout the year".

Tommy G. Thompson, Secretary
U.S. Department of Health and Human Services

The next orientation class will be held on March 12 at the Culpeper Rescue Squad from 9 a.m. to Noon. Additional sessions will be held during April in Rappahannock County, May in Fauquier County, and June in Orange County.

Optional training is also offered to RRMRC volunteers throughout the year. Some of these classes are:

- Epidemiology (held in November 2004)
- Disaster Mental Health training (held in January 2005)
- Sign Language for Dispensing Sites (February 2005)
- American Heart Association Heart Saver CPR/AED (Spring 2005)
- Red Cross Basic First Aid (August 2005)
- Introduction to Hazardous Materials (October 2005)

For more information please call 540-829-7350 or email RRMRC@vdh.virginia.gov.

From Your Commissioner of the Revenue

Terry L. Yowell

There are a number of **important filing deadlines** coming up for 2005:

April 1	Tax Relief for the Elderly & Disabled
May 1	Personal Property
May 1	Business Personal Property and Machinery & Tools
May 1	Virginia Income Tax (2004 tax year)
May 1	High Mileage (as of January 1) documentation
November 1	Land Use Program (new enrollment effective for the following tax year)

According to Culpeper County Code Section 12-2, “Every person owning personal property subject to taxation by the County shall file a return with the Commissioner of Revenue declaring the same on or before the first day of May in the year in which such property is subject to taxation by the County. For failure to file such return on or before such day the Commissioner of Revenue shall assess a penalty of ten percent (10%) of the amount of the tax otherwise assessed or two dollars (\$2.00), whichever is greater. Such penalty for late filing shall be due and payable at the time that the tax assessed is due and payable”.

Please remember that if you file your Return of Tangible Personal Property by May 1, you may avoid the 10% late filing penalty. If you believe your vehicle may qualify for an assessment adjustment based on high mileage, please submit third party documentation (i.e. inspection receipt or service center receipt clearly showing vehicle owner, vehicle identification number and odometer reading on or before January 1) to the Commissioner’s office by the May 1 filing deadline. Cars, light trucks and motorcycles are assessed using the Trade-In Value from the January issue of the National Automobile Dealer Association (NADA) guide. An assessment adjustment for mileage will be calculated using the mileage Table included in the January issue of NADA.

Also, when you file please be sure to indicate whether your vehicle is used primarily for personal or business use. In order to comply with the Personal Property Tax Relief Act (PPTRA) it is very important for taxpayers to report the use of their vehicle each year to the Commissioner of the Revenue's Office. One method to help you decide is when you file your Federal Income Tax Return, ask yourself these questions:

- Do you claim a depreciation expense (IRS Schedule C, E, F, form 4562 or Sec 179) for your vehicle?
- Do you claim actual expenses (gas, oil, repairs) you incurred for your vehicle?
- Do you claim an expense for mileage where you used your vehicle for business purposes?
- Do you claim non-reimbursed employee expenses for use of your vehicle (Form 2106)?
- Does your employer reimburse you for use of your vehicle (shown as income on W-2)?

If you answer YES to any of these questions, your motor vehicle is considered by State Law as used for business and does NOT qualify for Car Tax Relief. Please be advised that in the case of an erroneous assessment, a correction must be made for the current tax year plus three previous years. Some of you may be receiving letters asking for more information and/or supplemental tax bills because of the 2003 PPTR Compliance Act. When you file your Virginia Income Tax return locally, we must review your return for Federal schedules supporting vehicle use. For those of you who file directly with the Department of Taxation, either by paper or electronically, the Department sends that data back to the localities for

review.

Basically, the Commonwealth will not allow us to receive relief from Income Tax (by reducing taxable income for vehicle related expenses) AND from Local Personal Property Tax for the same vehicle. Therefore, compliance with the Code of Virginia may result in supplemental personal property tax bills. You can help ensure the fair and accurate assessment of your vehicle by marking the appropriate boxes on the joint Return of Personal Property and Decal Application. Even if you do not need a vehicle decal, please return the form completely filled out. You may also help by completing ALL lines associated with vehicle use when filling your Federal Income Tax Return. If you use a preparer, please make sure all lines are completely filled in, especially when claiming mileage. Make sure the lines for business, personal and commuting are all filled in. If mileage is filled in for business use only, your vehicle will be considered disqualified for tax relief, because of 100% business use.

TIP FOR THE DAY: If you receive any document from the Commissioner of the Revenue’s (or Treasurer’s) office relating to a vehicle that you did not own as of January 1, please do not discard. We receive most of our January 1st vehicle ownership data from the Division of Motor Vehicles (DMV). You will need to contact DMV at 1-866-368-5463 and provide disposal information. After you have notified DMV, please contact this office to request the vehicle data be updated and/or removed from assessment records. If we do not receive any correspondence from you, an assessment will be made, and a personal property tax bill will be generated. Please be advised that when a vehicle is sold, traded, junked, totaled, repossessed or gifted, you must fill out the back of the registration form and send to DMV as soon as possible (within 30 days as required by State law). This will help avoid the possibility of being assessed for a vehicle that you did not own on January 1.

Now for a Real Estate update. You may recall that the Culpeper County Board of Supervisors enacted an ordinance effective January 1, 2003, which allows for the assessment and taxation of newly constructed buildings on a pro-rated, calendar year basis. Effective January 1, 2004, the Town of Culpeper Council adopted this same ordinance.

In addition to assessments based on a percentage complete as of January 1 of each year, newly constructed buildings are assessed and taxes are levied on a pro-rated basis determined by the number of months following either the issuance of a certificate of occupancy for the building, or the building is considered fit for use. For new construction located within the town limits, the Town of Culpeper, as well as the County of Culpeper, will generate a pro-rated real estate tax bill.

Along with this ordinance, the Board of Supervisors also enacted the ordinance, effective January 1, 2003, which allows for a pro-rated abatement of taxes for buildings razed, destroyed or damaged by fortuitous happenings. Effective January 1, 2004, the Town of Culpeper Council enacted this same ordinance.

If you have any questions or you need any assistance, please call your Commissioner of the Revenue's office at 540-727-3443 or email me at tyowell@culpepercounty.gov

I hope 2005 will be a safe and healthy year for you and your family!



Office of the Commonwealth’s Attorney

Commonwealth Attorney’s Office Defends Death Penalty

Dale Durrer, an Assistant Commonwealth Attorney in Culpeper, recently debated Yale University Law School Professor Stephen Bright at the Yale University Law School. Durrer defended the death penalty.

“Dale is a bright and articulate attorney. It was no surprise to me that he was asked to debate this issue at Yale,” commented Durrer’s supervisor Commonwealth Attorney Gary Close.

The debate was part of Yale's Masters in Law Series. Professor Bright is a visiting Lecturer on Law at Yale Law School and Harvard Law School and Director of the Southern Center for Human Rights in Atlanta.



Dale Durrer

In their debate, Bright argued that the death penalty is not a deterrent.

Durrer responded that deterrence is hard to measure, but if the death penalty deters even one murderer, then by not having the death penalty we prefer the lives of murderers over the lives of innocent persons.

Bright argued that the death penalty constituted racial discrimination. Those who murder white victims are far more likely to receive the death penalty than those who murder black victims.

Durrer responded that this was a reason to seek more death sentences in cases involving minority victims, not a reason to abandon the death penalty.

"Prosecutors need to protect all segments of the community. Abolishing the death penalty means that the community and innocent victims get less justice and representation" Durrer said.

Durrer also noted that the death row population is more diverse than the general prison population. According to the United States Department of Justice Bureau Statistics, of the 820 persons executed between 1977-2002, 57% were white, 34% were black and 7% were hispanic.

Bright closed with his moral objection to the death penalty, offering the words of Sister Helen Prajean that "we are better than the worst things we have done." Durrer responded that the families of victims are entitled to have the state recognize the seriousness of the offense committed.

"We say to victims, your loss mattered and therefore we will require the perpetrator to pay with all he has. The purpose of the death penalty is to restrain the passion of the people. The law does not disregard their loss", Durrer said.

Durrer stated that the debate audience consisted of international graduate students who mainly opposed the death penalty. "I saw it as an exciting opportunity and feel confident I beat the point spread of the audience", said Durrer.

"I'm just proud that a member of my staff was asked to participate," Close said.

Carol Roberts-Geer Has Seen Thirty Years of Changes in the Office of the Commonwealth’s Attorney

It’s been thirty years since Carol Roberts-Geer first started working in the Commonwealth Attorney’s Office. She’s seen the Office change from typewriters and carbon paper to computers and copy machines. One thing has stayed the same according to her boss Commonwealth’s Attorney Gary Close.

“It’s her can-do attitude,” he said. “I’ve never seen Carol back down from any challenge.”

Certainly trying to keep an office full of attorneys and secretaries humming in good order is challenge enough for anyone. Add to that the changes that have swept the legal profession and Culpeper County in the past thirty years, and Ms. Geer has had her hands full.

“The Office was much smaller when I started. We only had two offices. Jack Jeffries (the Commonwealth Attorney then) was part-time. And term day was much less.”

Now Ms. Geer acts as office manager and executive secretary to a prosecutor’s office of five attorneys, three secretaries including herself, the Victims Witness program and various interns. “You never know who Gary is going have come through the door as an intern,” Ms. Geer said with a laugh.



Gary Close

Office of the Commonwealth’s Attorney (continued)

Term Day in Circuit Court has quadrupled in case numbers since she started. Now the number of felonies averages in the 40s. That does not count the appeals or the number of cases in General District Court and Juvenile Court.

Ms. Geer started under Commonwealth’s Attorney Jack Jeffries in 1975. Mr. Jeffries became ill while in Office.

“When he was sick I was pretty much on my own in the Office,” she said.

Ms. Geer took a hiatus from the Office for a couple of years. At one point she and her husband, Roy, ran Virginia Fireplace and Stoves on Main Street in Culpeper.

Her husband died leaving Ms. Geer a widow and a single mother. In Nov. of 1989 Jack Jeffries’ successor, John Bennett, called and she was back in the Commonwealth Attorney’s Office.

Ms. Geer has since remarried and although the Office has grown, Ms. Geer still enjoys her job.

“I like the fact that I can make decisions that actually matter, and I also enjoy working with everyone in the Office and in the County government”, she said.

Besides her duties in the Commonwealth Attorney’s Office Ms. Geer also acts as Treasurer and as Activities Coordinator for the Employee Action Committee, a County employee liaison organization started by County Administrator Frank Bossio.

“She is a great asset to our office. I hope she stays another thirty years,” said Close.



Carol Roberts-Geer

Heather Borders—Advocate for Animals in the Office of the Commonwealth Attorney



Heather Borders

Borders: A Friend to Animals in Need— Although busy preparing cases for trials she still stopped to save a kitten from the middle of the road.

Borders, who is a paralegal in the Commonwealth Attorney's office and who was recently nominated as employee of the month for Culpeper County, has a soft spot for the animal kingdom.

“She even placed two kittens with me,” said Commonwealth Attorney Gary Close, “and I’m allergic to cats.”

Whether it is at home or at work Borders loves animals. At home she and her husband, Matt Borders of the Culpeper Police Department, have two horses, two dogs and one cat. At work besides her regular duties, she gives special attention to animal cruelty cases.

“I work very closely with the animal control officers,” said Borders.

Recently Borders helped herd three animal neglect cases through the court system. Not only does she personally supervise the files, but also she helps brief prosecutors before they enter court. This helped prosecutors get a conviction recently in a case where the dog was found to be one half its normal body weight.

And if that was not enough, Borders also volunteers with the Culpeper Humane Society. Her project at the moment: the annual Fur Ball on Feb. 12, 2005.

“I like the fact that Heather can combine her work with her passion,” said Close.

And Borders credits her volunteering with the Humane Society with principles learned at a seminar hosted by the Commonwealth Attorney’s Of- fice, Social Services and the Culpeper Police Department.

“In the seminar they made the point that you should ask yourself how you wanted to be remembered. And I thought I ought to do more to make our community a better place. To be remembered for that.” Borders explained.

It was a natural decision to combine her love of animals with her desire to better Culpeper.

Office of Criminal Justice Services

FY 2005 PROGRESS THROUGH THE SECOND QUARTER
(JULY 2004-DECEMBER 2004)

by J. Andrew Lawson, Director

Criminal Justice Services (CJS) provides local probation supervision to jailable misdemeanor offenders and non-violent felon offenders for the local court system. CJS is the only agency providing sentencing alternatives for the Culpeper General District Court and the Culpeper Juvenile & Domestic Relations Court.

Sentencing alternatives include probation supervision, substance abuse testing, education and treatment, anger management, batterer’s intervention program, shoplifter’s program, family counseling, mental health counseling, community service and fa-cilitation with court costs and victim restitution. Performance measures for FY 2005 are detailed below:

Performance Measures for Offenders

Total Placements on Supervision 205 (220 Referrals)
Substance Abuse Testing 84
Substance Abuse Education 23
Substance Abuse Counseling 27
Community Service 135
Batterer’s Intervention Program 18
Anger Management 9
Shoplifter’s Program 6
Domestic Violence Inventory 52
All Others 41
Average Daily Caseload 199
Successful Completion 82%

Average Daily Cost per Offender in CJS \$2.97
(As compared to \$80 a day to incarcerate an offender in jail.)
4,874.90 hours of community service completed
\$23,540.43 in victim restitution facilitated
\$36,765.75 in court costs facilitated

Referrals from the Culpeper Juvenile & Domestic Relations Court continue to increase for domestic assault and batter charges, as a total of 57 offenders have been placed thus far for FY 2005. In FY 2004 there were a total of 81 offenders placed for domestic assault and batter. If the current rate continues, CJS will receive 114 offender placements this year. This is a 41% increase.

CJS continues to seek treatment and alternatives for domestic violence offenders. CJS continues to utilize the Domestic Violence Inventory for assessing domestic violence offenders. CJS has formed a partnership with a private provider to provide a Spanish speaking Batterer’s Intervention Program. This program should be fully operation in the next few months. As re-ported in a prior issue, CJS was seeking to provide a pre and post test for offenders referred for the Batterer’s Intervention Pro-gram. Due to a change in treatment providers, this service has not yet begun, but it is hopeful that it will shortly.

The CJS Director continues to serve as the designated staff person to the Community Criminal Justice Board. The Board is focusing on the issue of jail crowding and pursuing all of the available options.

Have you become physically and/or verbally abusive to your spouse or significant other? Help is available. Contact Culpeper County Criminal Justice Services at 540-727-3450 for a referral to a treatment provider.

Office of Criminal Justice Services *(continued)* Options Program

Culpeper Minutes Interviews Sam Vala, Program Director of Options

CM: For people who haven't heard of your program: What is Options, and what is its purpose?

SV: Options is an after-school program that works with low-risk, juvenile offenders. We offer anger management therapy groups, substance abuse counseling, and various other services designed to meet the needs of problem kids.

CM: How long has your program been operational?

SV: We opened in October of 1994 – so we just celebrated our 10th anniversary.

CM: Has your program changed much over the past 10 years?

SV: Definitely. Originally, the program focused on serious, chronic, and violent juvenile offenders. Over a period of about 4 years, we came to realize that many of the kids we were getting in the program were just too damaged to benefit from our level of services. Some of them had already been involved with the courts for 4 or 5 years, despite their relative youth. So, with the support of the Culpeper County Board of Supervisors, we gradually changed the program's focus, and ultimately began working only with "first-time" and "intermediate offenders."



Over the course of the past 6½ years, Options' participants have performed over 25,000 hours of community service in the town and county of Culpeper.

CM: And that made a difference?

SV: Instantly. We went from working with drug dealers, carjackers, and kids with weapons charges, to working with teens who had charges for minor assaults, marijuana possession, petit larceny, and things like that. I should probably say that not all of the kids we worked with in the early days were hard-core offenders. But, in general, their charges were a lot more serious than what I see now.

CM: How many kids do you work with a year?

SV: Our first year, we worked with 27 kids. Now, we average about 100 a year - and that number will probably jump to 150 or more this year.

CM: Really? Why the large increase?

SV: Well, in September of 2004, Options began accepting referrals from the local school system - in addition to the kids we were already working with on a daily basis. Prior to that, all of our referrals came from the juvenile courts. The new set-up allows us to work with kids before they ever get involved with the court system. Deane Collie-Beard provides all of our local school referrals, while all our court referrals come from local juvenile probation officers.

CM: Can teens referred by the school receive the same services as the ones referred by the courts?

SV: Yes. All Options' participants can be referred for a variety of services. Options offers 2 weekly anger management therapy groups, as well as a weekly substance abuse class. We also offer a substance abuse therapy group, and professional substance abuse assessments – both of which are conducted by Dave Kemp, of Family Focus. We have a group just for teen girls, facilitated by SAVVI - that one addresses issues that are too sensitive to be addressed in co-ed groups, like our anger therapy group. We also sponsor classes which address topics like teen dating violence, victim empathy, and prevention of sexually transmitted disease. Those classes are offered in conjunction with Services to Abused Families and SAVVI, the local Victim/Witness program, and the Health Department, respectively.

Overall though, I think most people know us through our community service program. Culpeper residents see our kids painting curbs downtown in the spring and summer, picking up trash along local roads and in Yowell Meadow Park...stuff like that.

CM: How much do local families pay for your services?

Office of Criminal Justice Services (continued)

SV: Nothing. In my opinion, that’s one of the best things about Options. All of the services I mentioned are provided free-of-charge.

CM: Who pays for the services?

SV: Options is primarily funded through Culpeper County, and is also a Piedmont United Way agency. We also receive funds from the Town of Culpeper, and through the local Department of Human Services. In addition, we sometimes receive monetary and in-kind donations from local businesses and organizations who believe in what we’re doing. I hope I don’t get in trouble for saying this, but St. Stephen’s Episcopal Church has been a strong supporter of the program over the years – typically, they don’t like to go around taking bows for their good deeds, but I’m sure grateful for their support. Oh, and “the Options house,” is actually the Pearl Sample House, which is provided by the local school system.

CM: It sounds like a true community effort - which leads to our next question. Can parents in the Culpeper community refer to your program directly?

SV: Not directly, no. Referrals are made either through the local juvenile court or through the school system.

CM: Who, specifically, will you work with?

SV: Teens, ages 13-17, who live in Culpeper County, and are not unpredictably violent, or severely psychologically disturbed. Certainly, we work with kids who have been in fights at school, or with their parents or friends...but the program won’t accept teens who have pulled guns or switchblades on people, or anything like that. As far as psychological issues go, we routinely work with kids who have problems like ADHD, social anxiety disorder, and depression. However, we’re not equipped to deal with kids who suffer from severe mental illnesses like paranoid schizophrenia or any form of active psychosis.

CM: How many kids do you work with at a time, and how large is your staff?

SV: The full Options program operates Monday through Friday, after school, and maxes out at about 6 kids. They’re supervised at all times by 2 full-time staff, including myself and my Program Assistant, Chris Brown. The groups and classes I mentioned earlier max out at around 12 kids...usually more in the range of 8–10. In addition, I have one part-time employee, Roberta Jackson, who supervises community service projects, primarily on weekends. She usually works with anywhere from 4-8 teens.

CM: How do you find your community service projects?

SV: Pretty much any non-profit organization or agency can call us and request help. I’ll accept any project that isn’t dangerous or inappropriate.

CM: Could you give some examples of what projects you will or will not accept?

SV: We don’t accept any project that requires the kids to be up on roofs or scaffolding. I really don’t even want the kids on ladders, unless they’re only going to be a few feet off the ground. Also, no projects requiring power tools, like buzz saws. Obviously, we don’t bust up concrete or pavement. I think people generally know what projects are safe for teens to do. Stuff like painting, yard work, moving furniture, cleaning buildings and grounds. We’ve also been known to provide manpower for non-profit events, like local concerts. Basically, any safe project that’s large enough to keep several kids busy for a while.

If someone has a project they think is appropriate, they can call us at 829-2129, and see if it’s something we can do. It certainly never hurts to ask. We’re basically available after school Monday thru Friday, and also on Saturday mornings and afternoons. I might add that Options provides professional adult supervision for all projects we perform.

CM: Earlier, you said you expected to work with over 150 teens this year. How can 2½ employees work with so many teens?

SV: Well, as I mentioned earlier, Dave Kemp of Family Focus helps provide our substance abuse services. SAFE, SAVVI, the Victim/Witness program and the Health Department present the quarterly classes I mentioned. Burnett Trueworthy facilitates both of our anger therapy groups. SAVVI facilitates our group for teen girls. We get a lot of help from a lot of very dedicated people.

CM: Last question: what’s the biggest thing you’ve learned in your 10 years as Program Director of Options?

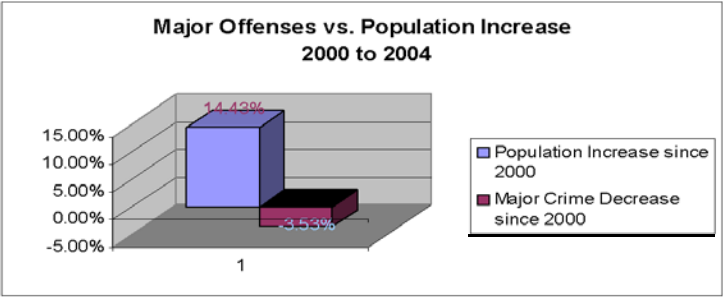
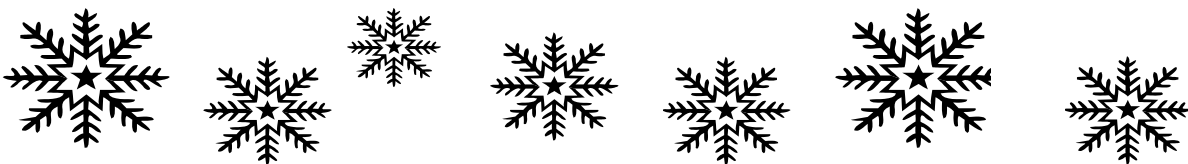
SV: That’s easy...it really does “take a village.” If everyone’s not on working from the same script – Options, schools, counselors, probation officers, parents - it’s really difficult to help troubled kids.



Culpeper County Sheriff's Office

H. Lee Hart, Sheriff

110 West Cameron Street • Culpeper, Virginia 22701



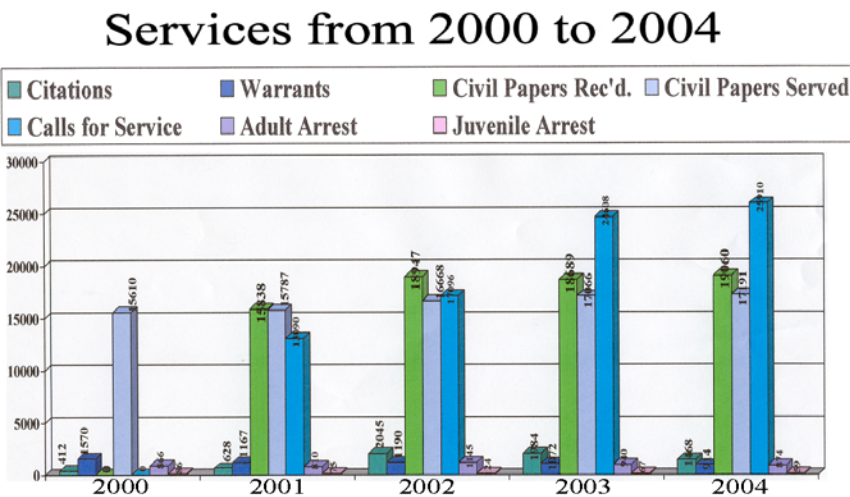
	2000	2004	Average %
Population	34262	40038	+14.43%
Major Crime	453	437	- 3.53%
Solvability Rate	51.2%	57.9%	57.3%

Increase in Population vs. Decrease in Major Crime

The county's population has been increasing at a rate of approximately 3.85% per year and is forecast to continue this trend. Generally, with more people comes an escalation of the crime rate. Although Culpeper County has added over 14% more people since 2000, *major crime has decreased nearly 3.5%*. This is a remarkable achievement and can be attributed to the strong partnership that exists between the Sheriff's Office and the community.

Increase in Services from 2000 to 2004

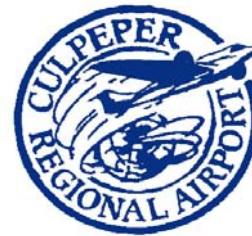
As the population of Culpeper County continues to increase, so does the number of calls for service. Since 2000 the number of calls for service has increased by more than 13,000. The number of Civil Papers and Warrants also continues to increase at a rapid pace.



Culpeper County Sheriff's Upcoming Events

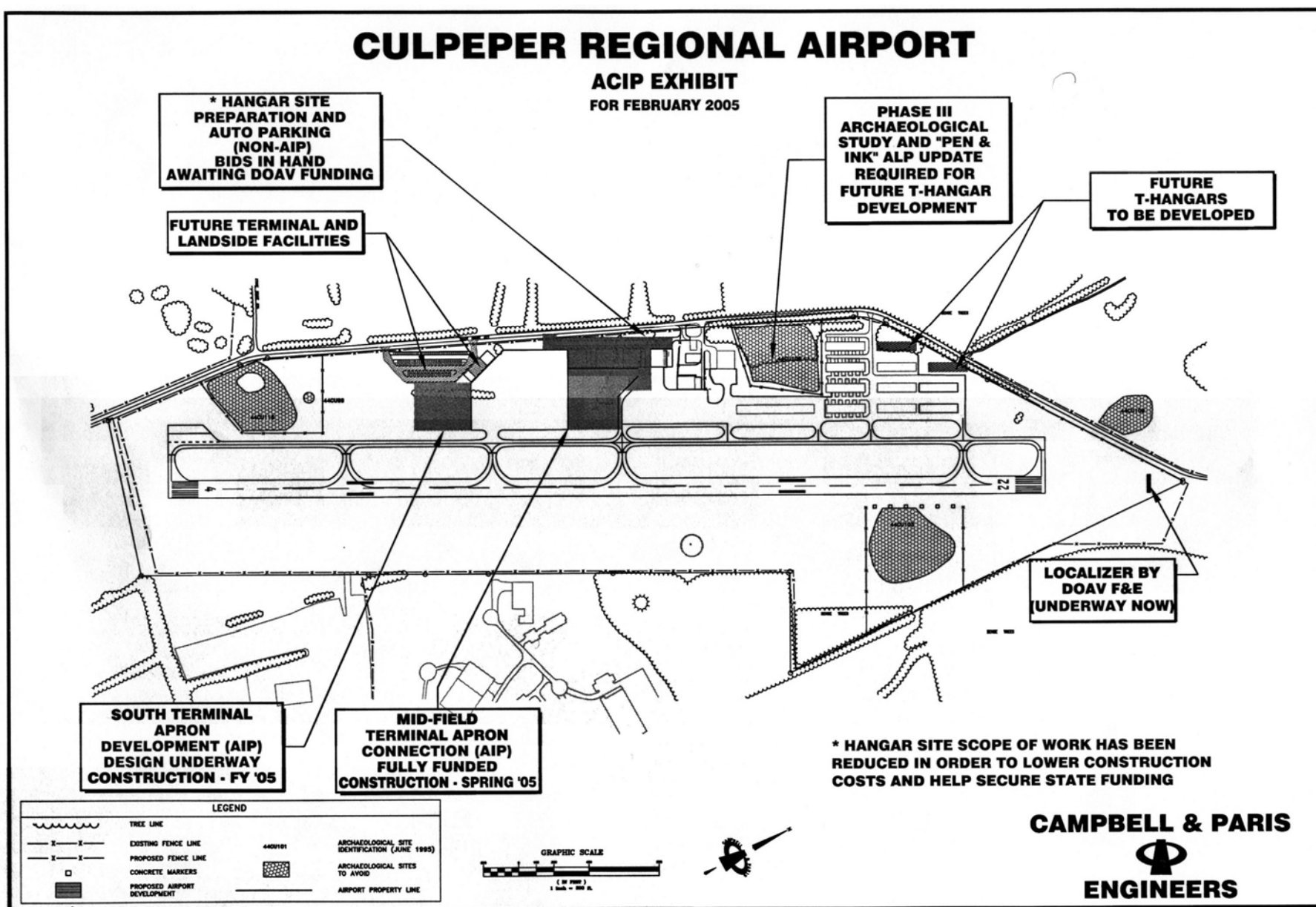
- February 23, 2005** - Sixth Annual Piedmont Area Job Fair at the Culpeper Holiday Inn from 1:00 p.m.—7:00 p.m.
- March 19, 2005** - Second Annual Battlefield Piedmont Regional TRIAD Conference will be held at Culpeper County High School from 9:00 a.m.—2:00 p.m. For more information: (540)727-3444 ext. 326
- March 31, 2005** - Sheriff Hart's Quarterly Report at Rapidan Volunteer Fire & Rescue Department at 7:00 p.m. For more information: (540)727-7520
- April 1, 2005** - Law Enforcement vs. Teachers Basketball Game to support D.A.R.E. at Culpeper County High School at 6:30 p.m.
- April 2, 2005** - Help Eliminate Auto Theft (HEAT) Vehicle Identification Number Etching at Lowe's 10:00 a.m.—1:00 p.m. Come see the Virginia State Police HEAT Race Car.

Culpeper Regional Airport



We are into 2005, and I hope everyone had a GREAT New Year. It is hard to believe where the time goes. In January of every year the Airport Advisory Committee elects a new Chairman and Vice-Chairman for that year. For 2005 the Airport Advisory Committee Chairman is Tony Dias, and Vice Chairman is Mike Dale. Both these gentlemen have planes based at the Airport and have both been on the committee for a number of years and have the knowledge and abilities to carry us through 2005. The Airport Advisory Committee meets on the second Wednesday of each month at the Airport, and the public is welcome and encouraged to attend these meetings. The other members of the committee are Jerry Landon, Bob Yeaman, Tim McWilliams, Earl Long, Bill Chase (Board of Supervisor representative) and Steve Nixon (Board of Supervisor alternate representative). (See photo on back page.)

The Construction projects at the Airport will proceed as soon as spring arrives. Presently, Austin Electric is working on installing the Localizer on the field. The FAA has plans to fly the critical path in the spring. The Localizer is scheduled to be operational by summer of this year. Also in the spring we will continue our rehabilitation of the airport in phase 2 & 3, by connecting our newly rehabilitated and enlarged apron (located in front of the current terminal building) with our midfield apron and constructing an automobile parking lot. In phase 3, corporate hangar site prep construction will commence, along with finalizations on the auto parking. Won't that be nice for the Air Fest?!



Speaking of the Air Fest 2005, it will be held on Saturday, October 8th this year. **We need volunteers!!!!** Some areas where we need assistance are parking cars, signing up kids for the Young Eagle Flights, refuse pick-up, set-up and take-down (tables/chairs, crowd control barriers, etc.) and other such jobs. We will provide you with an official Air Fest 2005 shirt and lunch on the day of the event. If you are interested in helping out, please call me at 540-825-8280 or drop me an email with your name, address, phone number and how you would like to help out at: twoodward@culpepercounty.gov. We would not be able to put on such an exciting show if we didn't have the volunteers to help us.

(continued on back page)

CULPEPER MINUTES

A Publication of
The Culpeper County
Board of Supervisors



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CULPEPER MINUTES

ISSUE NINETEEN

Culpeper Regional Airport (*continued*)

Don't forget, if you would like to find out anything about our facility or White Hawk Aviation (Aircraft Maintenance and Flight School) just call us at the Airport, 540-825-8280.

We are working together to help make your Aviation Dreams come to life.



Visit us on the Web at: www.culpepercounty.gov
Phone: 540-825-8280



Culpeper Regional Airport Committee (from left)
Tony Dias, Chairman; Earl Long, Mike Dale, Vice-Chairman; Frank Bos-sio, County Administrator/Airport Director; Bill Chase, Board of Supervi-sors Representative; Bob Yeaman,
Not-pictured: Tim McWilliams, Jerry Landon, Steve Nixon, Board of Supervisors Alternate Representative

Telephone Number for Virginia Department of Transportation (VDOT): 540-829-7500
To report Road Hazards or Snow-Flood Conditions: 800-367-7623 Toll Free